



VICTORY TIMES



Vol. II, Issue 41

Telling the Multi-National Corps - Iraq story

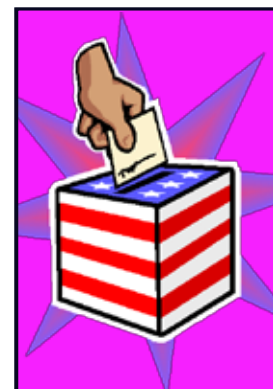
June 16, 2008



**Karaoke competition,
See Pages 5-6**

Photo by Pfc. Eric J. Martinez, 13th Public Affairs Detachment

Walt "Baby Love" Horton, civilian contractor, sings "I just called to say I love you" by Stevie Wonder at the first round of a karaoke competition at MWR 124 June 8.



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ordnance,
Page 6**



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Don't let stress get the better of you, talk to someone

By **Spc. Samuel J. Phillips**
MNC-I PAO

There are all kinds of stressors to deal with while you're on deployment. I myself deal with stress from work, lack of sleep, being away from home and recently going through a divorce. Then there are all the little things that stress me out on a daily basis.

The important thing is to know how to effectively relieve stress, before it gets the better of you.

When I first got in coun-

try, I could not find a way to relieve my stress. I let everything build up and it started to affect my mood, my work performance and my personal life. I pulled myself away from people because I didn't want to deal with anything else.

For a while I didn't even call my children. Just hearing their voices stressed me out even more because I couldn't be there with them. I didn't realize not talking to them was stressing me out just as much.

I let the stressors in my life take over. I avoided

anything that might make things worse and sat doing nothing, which in turn made things worse.

Then one day one of my buddies told me to talk with someone in combat stress. At first I just laughed. I thought, "combat stress isn't for me; it's for guys who have real problems." It took me a while to realize that I did have a real problem.

In talking to combat stress I have been able to take control of most of the things that used to stress me out. Not to mention, I realized the importance of find-

ing ways to relax.

Now, when I get stressed out, I head to the gym. A session on the heavy bag always helps me work things out. Sometimes I head over to a buddy's room and just hang out playing video games or watching movies.

I guess what I'm getting at with all of this, is make sure that you find ways to deal with your stress. If things just don't seem to be helping, talk to someone about it, whether it's combat stress or a friend. Sometimes the best relief is to just get it off your chest.

Chaplain's Corner

Build your life on solid foundation of stone

By **Chaplain Joseph F. Hannon**
MNC-I CHAPLAIN

The Battle of Gettysburg, where the armies of the North and the South met in a small hamlet in the hills of southern Pennsylvania, left over 51,000 dead and more than 100,000 wounded after three days of fighting from July 1-3, 1863.

On the body of one of the Confederate Soldiers killed in fighting at the Devil's Den was found this prayer. "I asked God for strength, that I might

achieve. I was made weak, that I might learn humbly to obey. I asked for riches that I might be happy. I was given poverty, that I might be wise. I asked for power that I might have the praise of men. I was given weakness that I might feel the need of God. I got nothing I asked for but I got everything I had hoped for. I am, among all peoples, most richly blessed."

This prayer, found in the pocket of an unnamed Confederate casualty who had lived the life of a Soldier in garrison and in battle, speaks to us of his value

system and the attitudes and life views that flowed from that value system.

There's a wonderful image in the gospel of Matthew that might help us reflect on the life of this unnamed Soldier and also on our own life and experience. At the end of the Sermon on the Mount in St. Matthew's Gospel, we hear about two men, each of whom is building a house in hot and arid Palestine. One man has searched out and found a patch of rock and then he builds his house on top of that solid patch. The

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MNC-I Commanding General: Lt. Gen. Lloyd J. Austin III
MNC-I Public Affairs Officer: Col. Billy J. Buckner
MNC-I PA Sergeant Major: Sgt. Maj. Sharon Opeka
MNC-I Command Info Chief: Staff Sgt. Joy Pariente
Editor: Spc. Samuel J. Phillips
Staff: Staff Sgt. Jeremy D. Crisp, Cpl. Frances Goch, Pfc. Eric J. Martinez and Pfc. Eric J. Glassey

The Victory Times welcomes columns, commentaries, articles and letters from our readers. Send submission or comments to joy.pariente@iraq.centcom.mil. The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.



Ensuring all Soldiers get chance to vote



Photo by Spc. Samuel J. Phillips

Polli Brunelli, Federal Voting Assistance Program director, visited the Victory Base Complex June 4 to speak with voting assistance officers from all of the major Army commands. Topics discussed included ensuring that all Soldiers deployed to Iraq have the ability to send in their votes and how to simplify the process in the future.

CHAPLAIN, *From Page 2*—

other man took what was found almost everywhere in Palestine, ground that was sandy soil. Both used their time, talent, and treasure to build their house.

Then, suddenly, both are faced with the same crisis – a sudden and very heavy rain storm caused a flash flood that hit both of the recently constructed houses. The house built on rock was able to withstand the force of that flood; the other was not and was completely ruined.

Coming at the end of the three chapter Sermon on the Mount given by Jesus, the point seems clear: build on the values taught and lived by Jesus if you want to build your life

on a solid rock foundation rather than on what is commonly found just about everywhere.

We can see in the prayer of this unnamed Confederate Soldier that he was very much in touch with the values system of the Sermon on the Mount. He was able to balance both a need to achieve and humble obedience. He could balance a desire for possessions with a search for wisdom. He could balance the praise of men with a felt need for God.

In his own words he described himself as very content and happy for he was magnificently blessed. He had built his life as a civilian and as a Soldier on solid rock.

Servicemembers, civilians belt it out



Warrant Officer Keith R. Prather, garrison public affairs officer, 2145th Garrison Support Unit along with his fellow judges were on hand to judge personnel participating in MWR 124's karaoke contest June 8.

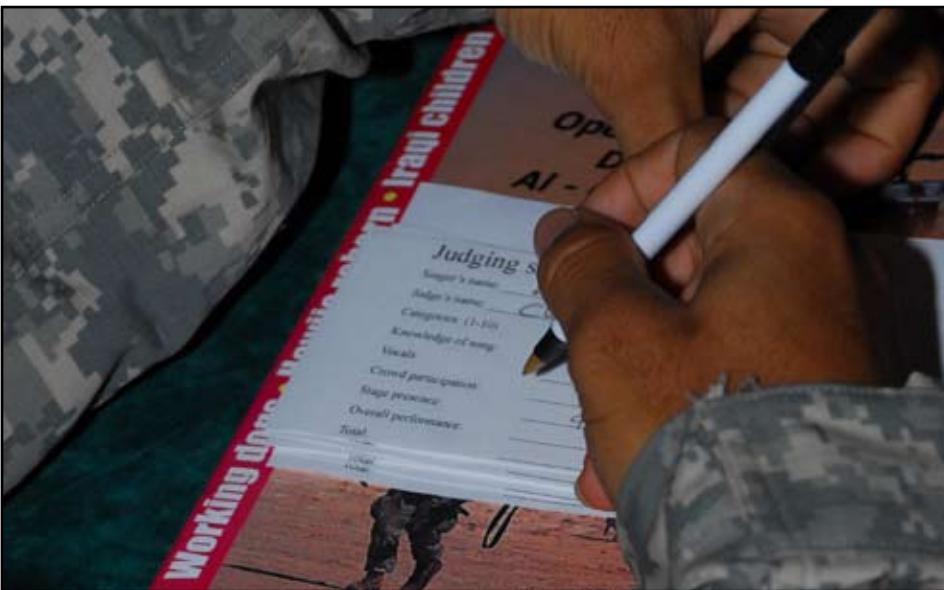


Photo by Pfc. Eric J. Martinez

Participants were judged on not only their vocal performance, but knowledge of the song and stage presence were important as well.



Spc. Sophia Lopez, broadcast journalist, 354th Mobile Communications Squadron, performed "I Wanna Dance with Somebody" by Alicia Keys during the karaoke contest at MWR 124.

ut to see who has best vocals



Photo by Sarah Hostetler

rate the performance of the Victory Base Complex



Photo by Pfc. Eric J. Martinez

Sgt. Eric Gorham, unit supply specialist, 11th Signal Brigade, singing "Love" by Musiq. Gorham is one of 10 participants who will be singing a new song in the next round of MWR 124's first karaoke competition scheduled for June 15 at 8:30 p.m. The 10 best singers from the second round will perform in the final round scheduled for 8:30 p.m. on June 22, featuring the 10th Mountain Division rock band.

Photo by Pfc. Eric J. Martinez

le Public Affairs Detachment, sings "If I Ain't Got You
R 124 June 8.

Get to know a airman...

Interview and photo by
Cpl. Frances Goch
MNC-I PAO

Senior Airman
James Buchanan

Unit: MNC-I C6
Job title: Victory site administrator

Age: 26

Time in Service: 2 years, 9 months

Family: "Parents and five brothers and sisters."

Hobbies: "Tae kwon do, working out and hanging out with friends."

Person you most admire:

"My mother for raising four children by herself after her husband died."

Why you joined: "To serve my country and better myself."

If you weren't in the military you would be: "Back in Florida sitting on a beach."

One thing you'd change about the Air Force: "Nothing."

One thing you'd never change about the Air Force: "Everything."

Describe your job in one sentence: "I maintain

servers and resolve computer related issues."

Unusual fact about you: "There is nothing unusual about me."

Goals: "Get my black belt in taekwondo and finish my degree."

Something you wish everyone would do: "Join the military."

Words of wisdom: "First say to yourself what you would be; and then do what you have to do" - Epictetus."

The best thing about being deployed: "Interacting with a different culture."



Most exciting thing you've ever done:

"Teaching Iraqi children how to play tennis."

Best Basic Combat Training memory:

"Seeing a MTI (military training instructor) locked out of the barracks."



If you didn't drop it, don't pick it up



By Jesse Martin
Corps Safety Office

Unexploded ordnance can be found everywhere and anywhere. Sometimes they are just lying around in the dirt near your living areas or other areas that you least expect. UXOs many times look harmless or appear to be damaged or disassembled, but can and will kill you. We know that most of you have been briefed on UXO and what to do if you suspect UXO in the area.

Unfortunately, some folks do not care or do not recognize the

potential hidden dangers.

UXO are ammunition items that have been fired, launched or thrown from their platforms but failed to function. The fuses and/or arming devices maybe ready to activate at anytime; even sometime later after you have handled it for a while.

Throughout this theater of operation, we have had several incidences of Soldiers, civilians, and contractors being killed or seriously injured from picking up UXO. Some individuals recently thought that one particular UXO would make a nice souvenir while others were using it

as a community ash-tray.

An Army-wide analysis of accidents involving military munitions indicated that these personnel failed to respect the explosive hazards associated with munitions. Leaders should always remind Soldiers UXOs should always be considered extremely dangerous. Only explosive ordinance disposal personnel are authorized to handle UXO.

A simple method to remember when you suspect UXO is the three R's:

- RECOGNIZE
- RETREAT
- REPORT

SAFETY SECTOR SAFETY SECTOR SAFETY SECTOR SAFETY SECTOR

Announcements

Navy Advancement Program

The Navy's Combat Meritorious Advancement Program has been created to advance sailors in paygrades E1-E5 in recognition of uncommon valor and extraordinary deeds demonstrated while engaged in, or in direct support of combat operations. The Combat Meritorious Advancement Program is effective immediately. Recommendations for advancement under this program are submitted based on actual action/performance in combat.

CISSP Exams offered

Posting of Certified Information System Security Professional (CISSP) Examination for interested military of civilian personnel. POC is Capt. Richard Y. Kofie, 822-5108.

Story ideas for Victory Times

Do you know of a good story on Camp Victory that you think should be covered for the Victory Times? Please submit your

ideas to Staff. Sgt. Joy Pariente at joy.pariante@iraq.centcom.mil. Please include any interesting facts about the topic and point of contact information.

Army Reserve Reenlistment

Reenlistment bonuses are excluded from federal taxes in theater. Building 123 located next to MWR 124 at Camp Victory is the Army Reserve Career Counselor's office. Points of contact are Sgt. 1st Class Pedro Aleman Jr., 318-822-4622; Sgt. 1st Class Merle Swecker, 318-822-8453; Sgt. 1st Class Jose Torres, 318-822-8464. If you have any questions call or e-mail your local career counselors.

Texas Hold'em

Every Monday night at Morale, Welfare and Recreation Bld. 124 there are Texas Hold'em Tournaments starting at 8 p.m. Every week prizes such as t-shirts, hats, poker books and coins are given to the top players.

Participate in largest reenlistment ever

The Multi-National Force-Iraq and Multi-National Corps-Iraq will host the largest mass reenlistment ceremony ever. The ceremony will be on July 4, 2008 in the Al Faw Palace Rotunda, Camp Victory, Iraq. All active duty and reserve component Soldiers, airmen, Marines, sailors and Coast Guardsmen are welcome to participate.

Gen. David Petraeus, MNF-I commanding general, will host this event by giving remarks and administering the oath.

Each reenlistee will receive a flag, which has flown over Al Faw Palace, with a Flag certificate, signed by both Petraeus and Command Sgt. Maj. Marvin Hill, MNF-I command sergeant major, their choice of either the MNF-I commander or command sergeant major coin, and an individual photo with the commanding general as a token of appreciation for their continued service.

The point of contact for the ceremony is Sgt. Maj. Yolanda Brock at 318-822-2846.

Camp Victory Bible Studies

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Women's Bible Study 7 p.m. Bldg 24F	Smoke & Joe Bible Study 12 p.m. Victory Chapel Porch	Young Adult Bible Study 5:30 p.m. Victory Chapel	Men's Bible Study 6:30 p.m. Bldg 24F	Foundations Bible Study, Mini Chapel 6:30 p.m.	SeventhDay Adventist 10 a.m. Victory Chapel	Men of the Bible Study 5 p.m. MLB Room, Oasis DFAC

Do you have an announcement about an event of interest to the Camp Victory community? Contact Spc. Samuel J. Phillips at samuel.phillips1@iraq.centcom.mil with the information. Information for community announcements needs to be submitted at least two weeks prior to the event to allow for timely publication.

Operating Hours

Coalition Cafe
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 8 p.m.
Midnight Dining 11 p.m. - 1 a.m.
Sports Oasis
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 9 p.m.
Education Center
8 a.m.-midnight
Camp Liberty Post Exchange
8 a.m. - 10 p.m.
Fitness Center
Open 24 Hours
Victory Main Post Office
Monday-Friday 7 a.m.-5 p.m.
Saturday 8 a.m.-5 p.m.
Sunday 9 a.m.-3 p.m.
MNC-I STB Mailroom
9 a.m. - noon
5 - 7 p.m.
Al Faw Palace Post Office
Wednesday and Sunday
1-6 p.m.
Golby Troop Medical Clinic
Sick Call
Monday - Friday 7:30 a.m. - noon
Saturday & Sunday 9 a.m. - noon
Dental Sick Call
Monday - Friday 7:30 - 10:30 a.m.
Saturday 9 - 10:30 a.m.
Mental Health Clinic
Monday - Friday 9 a.m. - 4 p.m.
Saturday 9 a.m. - noon
Post-Deployment Health Briefings
Monday, Wednesday and Friday 1 p.m.
Pharmacy
Monday - Friday 7:30 a.m. - noon;
1 - 4:30 p.m.
Saturday & Sunday 9 a.m. - noon
Legal Assistance/Claims
Saturday-Monday 9 a.m. - 5 p.m.

Worship Hours

Victory Chapel (Bldg. 31)
Sunday
7 a.m. Collective Protestant
8:45 a.m. Collective Protestant
10 a.m. Catholic Confession
10:30 a.m. Catholic Mass
noon Gospel Protestant
2 p.m. Latter Day Saints
4 p.m. Episcopal/Lutheran
6:30 p.m. Contemporary Protestant
Saturday
11 a.m. Seventh Day Adventist
8 p.m. Catholic Mass
Mini Chapel (Bldg. 24F)
Sunday
8:00 a.m. Divine Liturgy
9:30 a.m. Breaking of Bread
3 p.m. Church of Christ
7:30 p.m. Latter Day Saints
7 p.m. Knights of Columbus
Tuesday-Friday
11:30 p.m. Daily Mass
Friday
6:30 p.m. Jewish Service
Warrior Chapel (Camp Liberty)
Friday
6:30 p.m. Victory Base Open Circle

AFN Freedom Radio

Al Asad 107.3 Kirkush 107.3
Ali Base 107.3 Mosul 105.1
Ar Ramadi.. 107.3 Q-West 93.3
Baghdad 107.3 Tajj 107.3
Balad 107.3 Tal Afar 107.3
Fallujah 105.1 Taqqadum.. 107.3
Kirkuk 107.3 Tikrit 100.1

All stations are FM

Dust doesn't slow down runners on VBC



Runners take off on the 10K Fun Run 2008 June 8 on Victory Base Complex. Despite the dusty weather, many runners participated in the event.

Story and photos by Pfc. Eric J. Glassey

*13th Public Affairs
Detachment*

Runners from Victory Base Complex took part in Spring Fling 2008, a 10-Kilometer fun run, at Victory Stage South, June 8.

The run was hosted by a group of independent runners lead by Shanna Stann, 62nd Medical Bri-

gade communications representative, and sponsored by Binary Group, an Army contracting company, who gave 600 free t-shirts for the event.

"The run is a lot of fun," Stann said. "It is a good group of runners. The weather was kind of bad with the dust kicking up, but it makes it cooler. We left it up to the runners if they wanted to run in this weather, which it

looked like the majority did."

The first place male winner was Christopher Lawrence, 10th Mountain Division band, at 31 minutes. The first place female winner was Amanda Feia, 851 Engineer Company, at 39:15 minutes.

Trophies were awarded to the first, second and third place winners for both males and females.



Christopher Lawrence, the first place male winner, receives his trophy at Victory Stage South June 8.